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Delightfully Sober

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If drinking isn’t your thing, have everyone buy you dinner after you’ve done it for them a few times.

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It’s a Friday night and you’ve found yourself once again in Campustown. But there’s a catch…you’re sober. You’ve agreed to be the designated driver for the night, and the bottom line is that you’re not drinking. To some, this sounds like a boring night waiting to happen—but it doesn’t have to be. If you’re unsure, check out these quick tips on how to make the most of your sober night out.

First off, you have to keep a sense of humor about it. Go into it with the mindset that you will have a great night or else you won’t have any fun at all. It’s a given that Welch Avenue at 1:00 a.m. is prime people-watching territory. You’ll see everything—from the toga-wearing guy trying to start a chant to the girl wearing a tank top in the middle of an Iowa winter. You can make a game of it by finding that guy in a group who just wants to go home or the cop with the most annoyed expression.

While you’re at the bars with your hammered friends, look for other good-looking, sober people to hold a normal conversation with. Discuss the global economy and how to achieve world peace. (Hey, it could happen.) You can usually meet some pretty awesome people.

That being said, being sober in the bar scene is the perfect way to pick up tips on how not to flirt. As you people-watch, keep your eyes peeled for the sure signs of disinterest: over-exaggerated body language, fake smiles and blank stares. Then, pay attention to the flirters. Are they trying to impress their object of interest with the same story about “this one time at band camp” over and over again? Are they flailing their limbs in some uncoordinated attempt to dance? Yeah, don’t do that.

Let’s not forget the best part about being a DD—seeing your friends make fools of themselves.

“Young your friends act like idiots while you’re sober is a lot of fun,” says Brandon Fisher, a junior in Pre-Business. “You notice a lot more when you’re sober.”

You can get them to do some ridiculous things, but remember to keep it in good taste—no harm, no foul.

If none of these have enticed you, consider this: do it for a perk. Have your friends buy you a drink next time you’re not the DD or better yet, have them be your DD. If drinking isn’t your thing, have everyone buy you dinner after you’ve done it for them a few times. So, next time you and your buds argue about who’s going to drive, take one for the team. At the end of the night, no, you won’t be buzzed, but you will hopefully have some great stories, secondhand relationship advice and a few new friends. One major plus? You won’t wake up with a hangover.

Being the sober one doesn’t have to be a drag.